

ABSTRACT

An exercise system uses a definable planar platform surface on which an exercise mat can be placed, multiple resistance tubings with attachment mechanisms at each end, a pair of grips that can be attached to resistance tubings, a pair of anklet bracelets that can be attached to resistance tubings, and three pipes detachably affixable to the platform surface. Each pipe has its own attachment device for allowing one or two of the resistance tubings to be attached. The three pipes are arranged such that one is centrally located at one lengthwise end of the platform while the other two are spaced apart and substantially equidistant from the other lengthwise end of the platform. The platform and the exercise mat can be made of two parts foldable 180 degrees from each other. The two pipes located at one lengthwise end of the platform are preferably spaced apart at least the shoulder width of a user and have their attachment mechanisms located approximately ten inches from the platform. The pipe centrally located has its attachment mechanism locatable approximately four feet from the platform surface.